

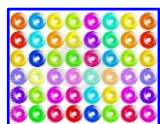
DIABETES CARE CLINIC

21 Any St., Any Town, Any State

www.diabetescareclinic.com Phone: 123-456-7890

LEARN HOW TO CARE FOR YOUR DIABETES WITH OUR

D.I.A.B.E.T.E.S. L.I.F.E.S.A.V.E.R.S. Program




Fix Your Problems



D	I	A	B	E	T	E	S
Do Monitor Your Blood Glucose (BG) Regularly	Involve Family and Friends	Acquire Ongoing Support	Bring BG Values to Healthcare Visits	Exercise Regularly	Take Medication as Prescribed	Ease into Behavior Changes Slowly	See a Diabetes Educator Regularly

L	I	F	E	S	A	V	E	R	S	+
Lose Excess Weight	Identify Healthy Coping Strategies	Fix Your Problems	Eat Healthy	Sleep Well Every Night	Acquire Sick Day & Travel Kit	Visit Your Doctor Regularly	Enjoy Rewards for All You Do	Reduce Risks of Complications	Set SMART Goals	Topics and Questions of Your Choice

Plan	“PROBLEM FIX” Plan	 WINK: What I Need to Know	Goals, Questions
P	P aint a picture of your specific problem		
R	R ate the effect of problem on your diabetes care*		
O	O utline all your <i>options</i> to solve/reduce problem		
B	B rainstorm <i>best option</i> (your plan)		
L	L aunch the plan ...slow but steady wins the race!		
E	E nlist the help of family & friends along the way		
M	M odify the plan when necessary		
F	F ocus on <i>positive</i> results and not on set-backs		
I	I dentify if plan temporarily or permanently solved or reduced your problem		
X	X plore a more <i>permanent</i> solution if plan was a temporary fix (especially if you rated impact of problem on your diabetes care as 5 or more)		
?			

* Rate on a scale of 1 – 10, with 1 being the lowest effect and 10 being the highest effect on your diabetes care.